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## THE INDEX CARD

#13 **INTERNET ADDICTION** DR MARK GRIFFITHS GIVES THE LOWDOWN  
ON BECOMING HOOKED ON THE WEB

**1**

THERE ARE SCIENTIFIC DEBATES ABOUT WHETHER INTERNET ADDICTION ACTUALLY EXISTS AND IF IT CAN BE CLASSED AS A GENUINE ADDICTION.

**5**

FACTORS THAT CONTRIBUTE TO OVERUSE OF THE INTERNET INCLUDE HIGH ACCESSIBILITY, LOW COST AND PERCEIVED ANONYMITY.

**2**

MANY SCIENTIFIC STUDIES SHOW THAT EXCESSIVE INTERNET USE CAN CAUSE MAJOR PROBLEMS (RELATIONSHIP, HEALTH ETC) FOR SOME.

**6**

THE TRUE PREVALENCE OF INTERNET ADDICTION IS UNKNOWN – THERE ARE FEW REPRESENTATIVE STUDIES.

**3**

ADDICTIONS ON THE NET (GAMBLING, SEX ADDICTION) ARE NOT THE SAME AS ADDICTIONS TO THE NET.

**7**

LARGE-SCALE UK STUDIES INDICATE THAT 3% OF ADOLESCENTS AND YOUNG ADULTS EXPERIENCE PROBLEMATIC INTERNET USE.

**4**

GAMING ADDICTION IS THE MOST COMMON INTERNET-RELATED DISORDER. SUCH PEOPLE ARE NOT INTERNET ADDICTS.

**8**

MANY FACTORS HAVE BEEN ASSOCIATED WITH PROBLEMATIC INTERNET USE: LOW SELF-ESTEEM, LONELINESS, STRESS AND POOR FAMILY SUPPORT.

Dr Mark Griffiths is a chartered psychologist and a professor at [Nottingham Trent University](https://www.nottingham.ac.uk)

